

L'ENTREFILET

Vol. 4, No 3
June 2019

BULLETIN D'INFORMATION DU-HAUT-DE-L'ISLE

Word of the president	p. 2
We are pleased to welcome in our sector	p. 3
In Memoriam	p. 3
Report — Insurance committee	p. 3
ACTION Plan	p. 4
Report— Socio-Political Action Committee	p. 7
Report— Committee for the <i>Condition des hommes</i>	p. 8
Report— Women's Committee	p. 8
Report— Internet Site	p. 9
Report —Environmental and Sustainable Development Committee	p. 10
Report—FLG	p. 10
Report—Communications	p. 11
Crédits	p. 11
Reference	p. 12



Secteur H
ASSOCIATION DES RETRAITÉES ET RETRAITÉS
DE L'ÉDUCATION ET DES AUTRES SERVICES
PUBLICS DU QUÉBEC
Région 06



Word of the President

Richard Raymond

Another year comes to an end. At the General Assembly last April 30th, we just made quorum, which, according to our statutes and regulations, is 4% of membership.

It must be noted that many of our members were stuck due to flooding and the closure of the Galipeault bridge in the West Island.

You will find in the last issue of *Entrefilet* for this year, reports on the activities in our sector during the past year.

You will notice that participation has been in free fall each successive year.

Your council is already hard at work planning activities for next year and we hope that you will find at least one occasion to come and fraternize with your fellow members.

I wish you a wonderful summer and we will meet again on September 6th for monthly breakfast or on September 30th for our annual “back-to-work” luncheon. Watch *Entrefilet* in mid-August for all the details.

WE ARE PLEASED TO WELCOME IN OUR SECTOR

Céline Allaire
Elaine Clendinneng

Lucille Beaudry
David Lecointe

Robert G. Bourassa



IN MEMORIAM

Bernadette Bélanger
Gaétane Demers-Bissonnette
Shahenn Kouri
Roland Lavoie
Margaret Million
Huguette Quevillon
Deborah Tees.

Sharon Browman
Helen Gorecki-Kisiel
Claude Laframboise
Marcelle L. Lévesque
Woolly Pierre-Jacques
Diane Rouleau-Maheu



Report - Insurance committee

Carole Lefort

My mandate is to gather information concerning our private and public insurance plans and disseminate it to our members. I have been doing this for three years now.

This year I wrote an article for *Entrefilet* which described how to get on the SSQ site and how to get a receipt for income tax purposes.

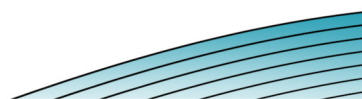
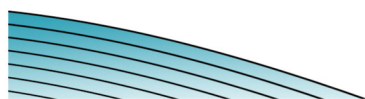
I participated in the last meeting on the 23rd of March where the discussion centered around user fees, administrative fees for asking for a semi-private room, diabetic bracelets and the cost of getting records from the pharmacy.

There has been no increase in our insurance fees with the SSQ this year.

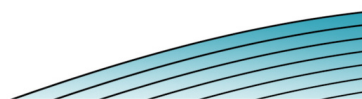
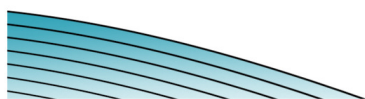
ACTION PLAN

	Actions	2018-2019	2019-2020
1.	Regularly inform members via the Sectorial Bulletin and by email of all developments in the indexation file.	Not done	✓
2.	Invite members to participate in all actions proposed by the national arm of AREQ on the indexation file in order to preserve our purchasing power.	Not done	✓
3.	Inform our members of all services and advantages available to our members from certain suppliers.	Done	
4.	Inform our members of all tax credits available to seniors.	Not done	
5.	Collaborate with other seniors' organizations and support all actions that oblige the Government to maintain our public health system universal and accessible to all.	Not done	
6.	Create an inventory of our members' health needs and if necessary, organize information sessions on various subjects, such as prescription medications, aid organisations and government services.	Partly done	✓
7.	Create an « AREQ en action » project in our sector.	Partly done	✓
8.	Continue to send birthday cards to our members who are 75 and older.	Done	✓

	Actions	2018-2019	2019-2020
9.	Continue to organize festive activities: monthly breakfasts, the back-to-school luncheon, Remembrance Mass, Christmas luncheon, friendship luncheon and luncheon to celebrate 10, 15, 20, 25 & 30 years of retirement.	Done	✓
10.	Encourage our members to inform themselves about all of AREQ's activities by participating in different regional activities of the various committees and by reading the info-letter.	Done	✓
11.	Encourage members to actively participate in the annual collection to benefit the Laure-Gaudreault foundation and to attend the benefit dinner.	Done	✓
12.	Organize a dinner to recognize the members of the sectorial council, the members of our various committees and our volunteers.	Done	✓
13.	Publicize the accomplishments and involvements of our members in their communities.	Partly done	✓
14.	Encourage and support the activities proposed by our Arts Committee and let people know about their artistic talents.	Not done	✓
15.	Transmit pertinent information about life in the sector and/or region by publishing the sector bulletin, keeping the website up to date and via emails.	Done	✓
16.	Improve the visual quality of l' <i>Entrefilet</i>	Done	✓
17.	Increase and encourage members' environmental awareness; encourage participation in Earth Day and any other activities that concern the environment and quality of life.	Done	✓



	Actions	2018-2019	2019-2020
18.	Encourage members' participation in all activities proposed by the Committee for Women and the Committee for Men.	Done	✓
19.	Inform members about all activities organized by AREQ or other associations which defend our rights and which strive to improve the conditions of the poor.	Done	✓
20.	Invite our members to identify individuals or groups who may make a request for aid from the Laure-Gaudreault Foundation.	Done	✓
21.	Support the action plan of the Laure-Gaudreault Foundation and promote its activities.	Done	✓
22.	<i>Organize a fundraising activity for the Laure-Gaudreault Foundation</i>		✓
23.	<i>Inform our online members by monthly emails</i>		✓
24.	<i>Explore ways to reward our internet users for choosing the environmentally friendly choice of communication.</i>		✓
25.	<i>Create an activity to celebrate the 5th anniversary of our sector</i>		✓





Socio-Political Action Committee

Edmond Pauly

The socio-political action committee (CASP) in the Montreal region of AREQ (Region 06) is represented by at least one person responsible for each of the eleven sectors. The person responsible for our region is Mme. Viviane Lacroix.

The committee met twice: on the 25th of October 2018 and on the 23rd of February 2019.

At the meeting on October 25th, we discussed the issue of LGBTQ seniors and the challenges that they face. At the meeting of the 23rd of February, we discussed the problem of forced work, or modern slavery in Quebec, Canada and the world. A resumé of these two conferences is available on our internet site, under the heading *Comités, CASP-Montreal*.

On the 27th of March 2019, CASP-Montreal hosted the annual meeting which attracted over 100 members.

Doctor Lussier presented a discourse on Medicinal Cannabis and Seniors. There are many more subjects that concern seniors on YouTube. Details can be found on our sector website under *Comités, CASP-Montreal*.

Between each meeting, all eleven members sent emails to Mme. Viviane Lacroix who then shared them with the regional and national levels.

At the level of our sector, any member can send an email about socio-political news to the person responsible who can share it with the other members at future meetings of *CASP-Montreal*.



Report — Committee for the Condition des hommes

Richard Bastien

October

Meeting of the CCH Men's Committee Oct. 25, 2018

Pius-X School

Morning - meeting with ÉMERGENCE

Afternoon - regular meeting

November

For the "International Men's Day" of November 19, 2018

There was no men's community dinner this year

Our regional representative is gravely ill

Richard Cardinal, our political representative is replacing him

December

Death of our Regional Representative, Mr. Roger Robert

March

March 27, 2019

Regular conference and meeting at Pius X School 9955 Papineau

June

Sunday June 16, 2019, PROCURE march on Mount Royal

To celebrate Father's Day, the march is to combat prostate cancer among men

Report — Women's Committee

Lise Longpré

I am pleased to announce that there are two people on the committee, Diane Boulet and myself.

I went to the first meeting on the 25th of October, 2018. We attended a conference along with the Men's Committee and the Socio-Political Action committee held by the EMERGENCE Foundation to better understand the situation for LGBTQ people. There were very beautiful testimonies given.

Calendar of activities 2018-2019

December 6, 2018 Diane and I participated in the Violence Against Women Commemoration Day. We attended a conference and discussion led by Mme. Lise Chamberland, sociologist and professor of sexology at UQAM, concerning those who are marginalized due to their sexual orientation.

February 1, 2019, I attended a pedagogical day
Morning - meeting and discussion with a representative of the Montreal Council
Afternoon - Self-defense with Louise Provencher.

March 8, 2019, International Womens' Day; five people from our sector watched the movie *Quand les pouvoirs s'emmêlent* (When powers get tangled) by Yvonne Dufour. In the film, Vincent Gratton makes the observation that there has been a withdrawal of participation in the fight for women's rights in the world due to the ambiguous links between religion and politics, which is gaining ground almost everywhere today.

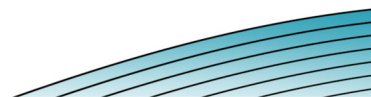
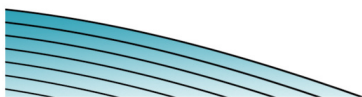
Report — Internet Site

Edmond Pauly

<http://du-haut-de-lisle.areq.lacsq.org>

	Jan	Fév	Mar	Avr	Mai	Juin	Juil	Août	Sep	Oct	Nov	Déc	Total
2016		196	29	222	420	340	214	194	569	574	714	289	3 761
2017	187	520	278	252	168	146	49	110	254	143	253	157	2 517
2018	212	269	156	148	97	226	96	102	147	185	178	188	2 004
2019	316	169	104										636

The sector internet site has been visited less and less. It remains a complimentary informational tool.





Report —Environmental and Sustainable Development Committee

André Labossière

Please note that the position of Regional Committee representative is currently vacant. However, this situation does not prevent the sectors from continuing certain activities.

At the sector level:

Two articles in *Entrefilet*

- ↪ November 2018: The Future of our Species?
- ↪ February 2019: A Project for Society: Biomethanization

Planning for Earth Day April 18, 2019 at Saint Pius X



Report—The Laure-Gaudreault Foundation



Thérèse Poirier-Labossière

On the 4th of June 2018, at the volunteer recognition luncheon, I participated along with the nine recipients of financial aid from the Laure-Gaudreault Foundation. Together with the other person responsible for the Foundation, Marthe Laforest, we attended two meetings as well as the General Assembly of the Montreal Region, which was followed by the traditional dinner.

I wrote two articles for *Entrefilet*.

On the 30th of September, 2018 I participated in the bowl-a-thon which was Richard's initiative and which benefitted all the sectors in the Montreal region. I also delivered nine requests for financial aid to eight organisations and one request for medical research on scleroderma.

This year, our sector made a total contribution of \$1,400.75 which was raised as follows:

- ↪ \$900 donation at 1\$ per member
- ↪ \$270 from meals paid by participants at the FLG benefit dinner
- ↪ \$50 from two gift cards at the benefit dinner

- ↵ \$50 from two gift cards at the bowl-a-thon
- ↵ \$74.75 from pins sold on Women's Day
- ↵ \$56 from books which were donated by members and sold at the monthly breakfasts. Still to come are the matching amounts given to the celebrants at the volunteer luncheon in June.

Your generosity allows our sector to come to the aid of organisations which help youth, seniors and which conduct medical research. In the name of the Laure-Gaudreault Foundation, a heartfelt thankyou!

Report — Communications

Richard Raymond

Under the subject of communications, we find *Entrefilet* and email messages.

We published two issues of *Entrefilet* with the third coming at the end of May. We are also proud of being able to communicate to our English members with the English version of *Entrefilet*. We have improved the look of the publication by making it in colour.

Members can communicate with all the Council members; their coordinates are available in *Entrefilet* as well as on our internet site. They can also communicate directly on the internet site under the comments section (*commentaires*).



Crédits

Collaborators : Richard Bastien, André Labossière, Carole Lefort,
Lise Longpré, Edmond Pauly,
Thérèse Poirier-Labossière, Richard Raymond,

Translators: Wendy Cloutier

Layout: Céline Allard

Coordinator: Richard Raymond

Bottin de références

CONSEIL SECTORIEL			
Richard Raymond	président	514-685-6621	liseetrichard@videotron.ca
Thérèse Poirier-Labossière	1 ^{ère} vice-prés.	514-637-1725	laba@videotron.ca
Carmen Dumont	2 ^e vice-prés.	514-426-4426	carmen_dumont@hotmail.com
Jacques Ready	trésorier	514-620-8870	jacready@videotron.ca
André Labossière	secrétaire	514-637-1725	andrelabossiere@gmail.com
Janine Beaudry-Hamelin	conseillère	514-685-4688	janinehamelin@gmail.com
Poste vacant	conseiller-ère		
COMITÉS ET ACTIVITÉS SECTORIELS			
Comité des femmes	Lise Longpré Tache	450-623-6826	lise.longpretache@gmail.com
	Diane Boulet	514-696-2716	boulet.brunet@videotron.ca
Comité des hommes	Richard Bastien	514-683-5244	ribas@videotron.ca
FLG	Thérèse Labossière	514-637-1725	laba@videotron.ca
	Marthe Laforest	450-681-6728	laforestmarthe@hotmail.com
Retraite	Claude Clavette	450-455-1177	claud.clavette@yahoo.ca
Environnement	André Labossière	514-637-1725	andrelabossiere@gmail.com
Action socio-politique	Edmond Pauly	514-683-3818	edmond.pauly@gmail.com
Assurances	Gaétan Dubois	514-637-7332	duboisg@videotron.ca
Arts	Céline Legault	514-631-3844	
Communications	Richard Raymond	514-685-6621	liseetrichard@videotron.ca
	Thérèse Labossière	514-637-1725	laba@videotron.ca
Site internet	Edmond Pauly	514-683-3818	edmond.pauly@gmail.com
	Gaétan Dubois	514-637-7332	duboisgaetan@gmail.com
Cartes anniversaires	Ginette Pomerleau	514-626-0800	ginetpom@hotmail.com
	Janine Beaudry-Hamelin	514-685-4688	janinehamelin@gmail.com
AUTRES SERVICES		SITES WEB	
AREQ	1-800-663-2408	National	areq.qc.net
CARRA	1-800-463-5533	Régional	regioniledemontreal.areq.ca
	1-800-368-9883	Sectoriel	(http://du-haut-de-lisle.areq.lacsq.org/)
RAMQ	514-864-3411		
SSQ - Soins médicaux	1-800-380-2588		
SSQ - Voyage	1-800-465-2928		
Sécurité de la vieillesse	1-800-277-9915		

